

A Guide to Mobility and Independence



***A Comprehensive Listing of Transportation and In-Home
Services in Edmonton and Outlying Communities
(3rd Edition)***

A Guide to Mobility and Independence

A Comprehensive Listing of Transportation and In-Home Services in
Edmonton and Outlying Communities (3rd Edition)

Daly, S., Floralde, M., Dobbs, B. M., & Dobbs, A. R.

Copyright © 2007

The DR Group

Edmonton, Alberta, Canada

All rights reserved

This publication may be reproduced in whole or in part, and/or stored
in a retrieval system with the following citation:

Daly, S., Floradle, M., Dobbs, B. M., & Dobbs, A. R. (2007). *A guide to mobility and independence: A comprehensive listing of transportation and in-home services in Edmonton and outlying communities* (3rd ed.). Edmonton, AB: The DR Group.

Published by: The DR Group

ISBN: 978-0-9781959-1-5

Previous Editions

2nd Edition: Dautovich, N., Vandenberghe, C., Dobbs, B. M., & Dobbs, A. R. (2003).

1st Edition: Bork, K., Morgensen, L., Dobbs, B. M., & Dobbs, A. R. (2000).

Message From The Working Group

Mobility is an important to an individual's health and independence. However, sometimes health conditions and other circumstances limit mobility. When that happens it is necessary to find alternative ways of accessing services that are important to an individual's health and well-being.

To assist in this effort, we have put together a listing of businesses and other organizations that provide transportation or in-home services. All of the business and organizations listed in this guide were contacted during July and August of 2000 and gave us permission to include them in the listings.

If you require further information or more copies of this guide, please call Dr. B. Dobbs at (780) 492-7499 or Shannon Daly at (780) 445-1134.

Table of Contents



<u>Transportation Services</u>	5
Bus Services	5
Taxi	6
Alternative Transportation	7



<u>Household Services</u>	10
Meal Delivery	10
Grocery Shopping & Delivery	13
Housekeeping	15
Yard & Garden	17
Banking	18
Library Services	19



<u>Medical and Personal Services</u>	20
Aids to Daily Living	20
Audiologists & Hearing Aid Practitioners	20
Dental	22
Denturists	23
Registered Dieticians	25
Medical Alarm Systems	25
Home & Respite Care	26
Medical Laboratory Home Collection	28
Mobile Hairstyling	30
Occupational Therapy	30
Pharmacy	31



<u>Support Groups</u>	31
------------------------------------	-----------

Transportation Services



Bus Services

Edmonton Transit System

11904-154 Street, Edmonton, AB T5J 1J2

Administration Office only

Phone: 496-1611

Fax: 496-1670

Web Site: www.edmonton.ca

Provides low floor bus service on many routes. Call 496-1611 for exact routes. Price: Adult cash fare is \$2.50/trip; books of 10 tickets are \$21.00. Senior (65 years) cash fare is \$2.25; books of ten tickets are \$18.50. Senior yearly passes \$115.00 or \$11.00 per month. For seniors with income below \$16,000.00 or couples with income below \$25,000 yearly pass is \$45.00.

DATS

Mailing Address only:

11904-154 Street, Edmonton, AB T5V 1J2

Phone: 496-4570

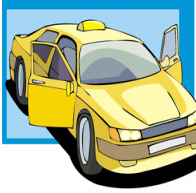
Fax: 496-1008

Email: dats@edmonton.ca

Web Site: www.gov.edmonton.ca

Provides shared ride transportation service for pre-registered Edmontonians, over 16 who cannot use regular transit buses due to a physical or cognitive disability. Rides must be booked 2 to 3 days in advance and up to 10:00 a.m. the day before. Booking hours are 7:30 a.m. to 6:30 p.m. Monday to Friday and 9:00 a.m. to 5:00 p.m. on Saturday and Sunday.

Price: \$2.50 per trip (one way), a book of 10 tickets is \$21.00 or a monthly pass is \$58.00.



Taxi

Checker Cabs

10135-31 Avenue, Edmonton, AB T6N 1C2

Phone: 484-8888

Offers group charter service (10 passenger vans). They also offer seniors discounts on coupons.

Regular price: \$20.00/coupon package

Discounted price (Senior): \$20.00/coupon package

Co-op Taxi Line Ltd.

10538-114 Street, Edmonton, AB T5H 3J7

Phone: 425-2525

Offers specialized vans with wheel chair lifts, which can be booked a few hours ahead of time; however, to ensure a van they ask that you book 24 hours ahead. As well there is a 10% discount on taxi coupons for seniors, which will be delivered to the customer's door free of charge. For more information, contact Co-op Taxi.

Prestige Cabs

10135-31 Avenue, Edmonton, AB T6N 1C2

Phone: 462-4444

Offer charter service (10 passenger vans). They also offer seniors' discounts on coupons.

Regular price: \$20.00/coupon package

Discounted price (Senior): \$20.00/coupon package

Yellow Cab

10135-31 Avenue, Edmonton, AB T6N 1C2

Phone: 462-3456

Offers seniors discounts with coupons. Handicapped vans also are available; with the van service is provided outside of the city. Must call for van in advance. There is a minimum charge of \$10.00, plus the metered rate.

Price: \$20.00/coupon package



Alternative Transportation

Capital Health Home Care – Volunteer Driver Service

Phone: 496-1300

Rides are provided to and from medical appointments for Home Care clients who are frail, elderly, or disabled. Must be a Home Care client receiving services. An assessment for eligibility is done by a case manager.

Driving Miss Daisy

Phone: 470-0123

Seniors' transportation, accompaniment, and assistance. Rides are provided to and from the doctor, shopping, hair salon, and airport. Grocery and personal shopper available (delivered). Safe and reliable transportation, security cleared reasonable rates, and wheelchair/walker friendly.

Prices vary.

Handi Bus, Leduc

Phone: 986-5000

Travels within the Leduc area (no service to Edmonton) for those 55 years and up and for adults with a disability. Operates Monday to Friday 9:00 a.m. to 12:00 p.m. and 1:15 p.m. to 5:00 p.m. Noon rides can be pre-arranged.

Price: \$4.00 each way

Handi Bus, St. Albert

Phone: 418-6060

Travels within St. Albert for those not able to ride a regular bus. City wheelchair accessible buses available to the city. Must have a medical form completed before using the service. Operates Monday to Friday, 9:00 a.m. to 5:00 p.m.

Price: \$4.00 each way

Handi Bus, Stony Plain & Spruce Grove

Phone: 963-5444 (Stony Plain) or 962-2456 (Spruce Grove)

Operates Monday to Friday, 9:00 a.m. to 12:00 p.m. Will accommodate some weekends and other hours.

Helping Hands: Operation Friendship

9526-106 Avenue, Edmonton, AB T5H 0N2

Phone: 429-2626

Fax: 429-2626

E-Mail: opfriend@oanet.com

Two staff drivers available to transport people to medical appointments or grocery shopping at no cost through the *Helping Hands* program. The service is for individuals who are not able to use the regular transportation system. Will drive anywhere in the city. Must live within the boundaries of Operation Friendship: 118th Avenue on the North, 101st Street on the West, the river on the South and 82nd Street on the East. Must book 2 to 3 days in advance. Have a wheelchair van.

55 years and older.

SCAT, Sherwood Park

Phone: 449-9680

Provides door to door service in Sherwood Park. Service also is provided to designated areas of Edmonton. Operates Monday to Friday, 8:00 a.m. to 6:00 p.m. There is no service on holidays.

Price: \$4.25 each way, \$7.50 each way with aide. Med Rehab into Edmonton - West up to 112 Street, \$6.75 each way, \$11.00 each way with aide. There is a fee charged for a companion to accompany the passenger into Edmonton for medical rehabilitation.

Scona Drop In Centre (Senior Citizen Opportunity Neighborhood Association)

Phone: 433-5377

A non-profit organization that offers rides free of charge to residents living on the Southside of Edmonton.

Price: \$5.00/year membership.

Seniors Caring About Seniors

8728-93 Avenue, Edmonton, AB T6C 1T8

Phone: 465-0311

Fax: 465-7809

A non-profit organization that offers services to residents living on the Southside of Edmonton. In order to be eligible to use this service you must be a member, be over 60 years of age, and have a disability or frailty. For a minimal charge, Seniors Caring About Seniors offers alternative transportation, home and garden repairs, etc. Volunteer drivers will drive to destination anywhere in

the city limits. Not wheelchair equipped. Operates Monday to Friday, 10:00 a.m. to 4:00 p.m. Rides are offered on a priority basis (1 – Medical, 2 – Health, 3 – Personal, 4 - Recreational).

Price: \$10.00/year memberships. Charge of \$6.00 for 1½ hours.

Senior Driving Center of Edmonton

Box 101, Room 2C221, 11111 Jasper Avenue, Edmonton, AB T5K 0L4

Phone: 732-1221

Fax: 732-1227

Volunteer drivers provide rides within the city limits. Information is first mailed out to clients and then someone is sent for an assessment. Not able to accommodate wheelchairs. Call 3 days in advance to book. Service is available Monday to Friday 8:30 a.m. to 4:30 p.m., up to two times a week.

Price: \$15.00 annual membership based on financial situation and assessment and not able to take public transit. \$5.00 for 2 hours and under.

Possible Occasional Transportation Sources:

- The senior citizens drop in centers in your local area.
- Your local seniors association.
- Your local church.



Religious Organizations

Many religious organizations offer rides to and from their services and to and from important appointments (i.e. physician). This service is maintained at the volunteer level. If you are interested in this service, contact your local religious organization to see if they have such a program set up.



Household Services



Meal Delivery

Edmonton Meals on Wheels

11111-103 Avenue, Edmonton, AB T5K 2P1

Phone: 429-2020

Fax: 424-5561

Web Site: www.mealsonwheeledmonton.org

Why Choose Meals on Wheels?

Convenience – Home delivered, ready to eat.

Choice – We fit our programs to your changing needs.

Independence – Spend more time with family, friends and hobbies.

Social Contact – A friendly visit from our volunteer.

Safety – Avoid the risks of kitchen-related accidents.

When you receive Meals on Wheels, you can expect more than just a meal.
You'll get:

Healthy Meals – A variety of tasty menu choices, prepared just for you that are low fat, low salt and diabetic friendly.

Home Delivery – No need to worry about going out to do the shopping. Meals are brought right to you!

Flexibility and Choice – You decide what program and meal delivery schedule best suits your lifestyle.

Freedom – No more grocery shopping, meal preparation or clean up!

30 Years Experience – Home cooked meals, fresh ingredients and trusted service.

Quality – Our chefs cook everything in our own commercial kitchen following strict food handling practices.

The Choice is Yours!

Home style cooking prepared just for you by our chefs in our very own commercial kitchen. All of our meals are low in salt and fat, made without preservatives or additives!

Hot Meals

The program we're known for! Choose the meal package and delivery days that suit you best. An eight week rotating menu assures you of a variety of tasty, healthy meals.

Frozen Meals

Independence! Unleash your freedom of choice, pick what you want from our extensive menu and enjoy quick, tasty meals to fit your active lifestyle.

Lunch Clubs

Invite your friends – we'll bring the food. Order a hot or cold lunch to complement your meeting or social gathering. Get together and have someone else worry about the cleanup. Call for details and menu.

Food for Families

Need a little extra support at home? Available when the unexpected happens and you need help in the kitchen.

Volunteer With Us

You have spent a lifetime acquiring skills we can use. Call to find out where your time and talents can be invested in our agency.

St Albert Meals on Wheels

Phone: 460-8653 Ext. 31

Hot Meal Program

Provide hot meal delivery once per day (noon) Monday through Friday.

Wetaskiwin Meals on Wheels

Phone: 361-4425

Hot Meals Program

Provide hot meal delivery twice per day (noon and evening) Monday through Friday.

Fork Lifters (The Food Company)

Phone: 477-7022

Fax: 477-7242

Contact: Carol Corneau

Personal chef service, who prepares meals which are re-heated at your convenience. An average entrée meal (including protein, starch, vegetables and appropriate sauces) starts at \$12.00 per person. Menus can be customized to meet dietary requirements. Other services include private cooking classes and catering services.



Grocery Shopping & Delivery

Most major grocers (other than Safeway stores) do not deliver; however, the following private organizations specialize in these services:

Dairyland Home Service

Phone: 1-800-667-1228

Web Site: www.morethanmilk.ca

Offers free delivery of hundreds of products. You can shop for your favorite Dairyland dairy products, get your bread delivered oven-fresh each week and enjoy many other fresh quality products. Deliveries are made during the evening. If you are worried about not being home when your delivery is made, Dairyland Home Service can provide you with a cooler and an ice pack. To place an order call Monday to Friday from 8:00 a.m. to 4:30 p.m. or place an order online.

Pic'n'Del

Phone: 432-5204

Web Site: www.picndel.com

Offers your favorite items, direct from your local grocer and delivered right to your door at a pre-arranged time. To place an order, go online or phone between 8:00 am and 8:00 pm Monday through Sunday.

Canada Safeway Limited

Phone: Call the nearest Safeway Store (listed in the phone book as Canada Safeway Limited)

Will deliver groceries after they have been purchased by the customer in the store. All locations of Safeway Stores provide this service for a \$9.00 delivery charge. The groceries are delivered to the door on the same day.

Shop For You

Phone: 487-7745

Is an independent delivery service offered within the Edmonton area. Shopping is done at any mainstream store including grocery, pharmacy, drug store, dry cleaning, etc. To place an order, phone between 8:00 am and 10:30 am from Monday to Friday.

The Shopping People

Cell Phone: 718-1769

Provide transportation to and from appointments, shopping, recreational outings, etc. Drivers will accompany customers to the office, waiting room, store, or to their appointments. Drivers also will carry the purchased goods.



Housekeeping

Alberta Male Nursing Service

18948-80 Avenue, Edmonton, AB T5T 5C1

Phone: 443-2601

Alberta Region We Care Home Health Services

#500, 9945-50 Street, Edmonton, AB T6A 0L4

Phone: 468-4663

24 hours/7 days a week, In-home, In-hospital and In-facilities

Bayshore Home Health

#1050, 5555 Calgary Trail, Edmonton, AB T6H 5P9

Phone: 436-8484

Home nursing, Personal support, Homemaking, Funding Investigations, Free assessments, 24 hour/7 day service

Best Care Home Health Services International

Phone: 416-0177

Care Givers Home Health Care Inc.

#203, 12222-137 Avenue, Edmonton, AB T5L 4X5

Phone: 459-9877

Web Site: www.caregivershomehealthcare.com

Central Health Services

10264-100 Street, Edmonton, AB T5J 5C2

Phone: 988-7711

Comcare Health Services

#200, 10458 Mayfield Road, Edmonton, AB T5P 4P4

Phone: 488-3444

Dynamic Quality Health Care Group Ltd.

Phone: 944-0806

Edmonton Home Services

#500, 10050-112 Street, Edmonton, AB T5K 2J1

Phone: 488-7282

Golden Heart Home Care Services Ltd.

Phone: 476-5027

Fax: 406-0187

Grandma's Little Helper

Phone: 233-0059

Home Care Network Inc.

31 Hawthorne Crescent, St. Albert, AB T8N 6N5

Phone: 483-6550

King Companion Care Ltd.

10021-170 Street, Edmonton, AB T5P 4R5

Phone: 990-0003

Medi-Drugs

3504A-137 Avenue, Edmonton, AB T5Y 1Y7

Phone: 478-9480

Nightingale Homecare Services Inc.

Phone: 962-8881

Paramed Home Health Care

Phone: 482-3370

Post Natal Care Ltd.

#233, 466 Macewan Road SW, Edmonton, AB T6W 1W2

Phone: 433-9601

Preferred Care Home Health Services

#253, 51561 Range Road 224, Sherwood Park, AB T8C 1H5

Phone: 417-0844

Protegra Inc.

12031-76 Street, Edmonton, AB T5B 2C9

Phone: 448-9390

SAIL Inc.

#103, 9330-101A Avenue, Edmonton, AB T5H 0C3

Phone: 421-0591

Victorian Order of Nurses

#100, 4926-87 Street, Edmonton, AB T6E 5W3

Phone: 466-0293

Adult Day Program

10333-76 Street, Edmonton, AB T6A 3A8

Phone: 466-5151

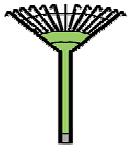
Fax: 463-5629

Walkrite Foot Clinic

9035-145 Street, Edmonton, AB T5R 0V1

Phone: 481-3870

RN Providing In-Home Foot Care



Yard and Garden

Seniors Caring About Seniors

8728-93 Avenue, Edmonton

Phone: 465-0311

Is a non-profit organization that offers services to residents living on the south side of Edmonton. In order to be eligible to use this service, an individual must be a member (membership is \$10.00/year), be over 60 years of age, and have a disability or frailty. For a minimal charge Seniors Caring About Seniors offers alternative transportation, home and garden repairs, etc.



Banking

Alberta Treasury Branch

Phone: 422-2652 or 1-800-332-8383

Web Site: www.atb.com

Offers 24-hour telephone banking. Assistance with telephone banking is provided during office hours. A sit-down waiting area instead of waiting in line also is available. Note: Web banking also is available.

Bank of Montreal

Phone: 428-7201

Web Site: www.bmo.com

Email: feedback@bmo.com

Offers automatic teller machines (ATMs), 24-hour telephone banking, and web banking.

Canadian Imperial Bank of Commerce (CIBC)

Phone: 429-7744

Web Site: www.cibc.com

Offers ATM services along with telephone and web banking. Branches offer 15-20 minute courses on how to use these services. Phone your local branch for more information.

Canadian Western Bank

Phone: 424-4846

Web Site: www.cwbank.com

Email: comments@cwbank.com

Offers telephone banking. Special services are offered for those 57 years or older.

Servus Credit Union

Phone: 496-2151

Web Site: www.servuscu.ca

Email: info@ccscu.ca

Offers ATM services, telephone banking, and web banking, along with personal service to anyone who requests it. Personnel in some branches also go out to nursing homes to speak with members.

Royal Bank

Phone: 1-800-769-2511

Web Site: www.royalbank.com

Email: custrel@rbc.com

Offers ATM services, telephone banking, and web banking along with personal service to anyone who requests it.

Scotia Bank

10050 Jasper Avenue, Edmonton, AB T5J 1V7

Phone: 448-7600 or 1-800-472-6842

Web Site: www.scotiabank.com

Offers ATM services along with telephone and web banking. In-branch assistance is offered for those learning to use the services. Customers with investments at Scotia Bank can be visited at home.

Toronto Dominion Bank

Phone: 448-8000 or toll free 1-866-222-3456

Web Site: www.tdbank.ca

Offers ATM services, telephone banking with an automatic demonstration system, and web banking. They also offer personalized assistance to those learning or having problems with any of their systems.



Library Services

Many public libraries offer home service to people who are unable to come to the library. Carefully screened and trained volunteers select and deliver materials to the individual's home.



Medical and Personal Services



Please note that service and travel fees, as well as, senior's discounts vary amongst practitioners. It is the responsibility of the customer to inquire about charges and discounts.



Aids to Daily Living

Alberta Aids to Daily Living

10030-107 Street, Edmonton, AB T5J 2E4

Phone: 427-0731

Assisting individuals who have a chronic disability or illness and those who are terminally ill to receive authorized basic medical equipment and supplies for more independent functioning in a home or home-like setting.



Audiologists and Hearing Aid Practitioners

Alberta Hearing Service

10611 Kingsway Ground Floor, Edmonton, AB T5G 3C8

Phone: 423-0886

Fax: 420-6135

Provides in home service to all of Edmonton, Stony Plain, Spruce Grove, and Fort Saskatchewan.

Ainslie Hearing Aid Centre

7809-109 Street, Edmonton, AB T6G 1C6

Phone: 439-7413

Provides in home service to all areas within a two-hour drive from Edmonton.

Anderson Hearing Center

#215, 10113-104 Street, Edmonton, AB T5J 1A1

Ph. 422-6734

Provides in home service in Edmonton, St Albert, Sherwood Park,

Fort Saskatchewan, Smokey Lake, and other areas east of Edmonton.
Here in Edmonton: 488-4008, 1-877-488-4008
Provides in home service

The Bay Hearing Aid Centre

650 Kingsway Garden Mall, Edmonton, AB T5G 3E6 Phone: 477-2907
200 Southgate Shopping Centre, Edmonton, AB T6H 4M6 Phone: 437-1925
330 St Albert Centre, Edmonton, AB T8N 0P9 Phone: 460-0125
No longer does home service

Beltone/ Anderson Hearing Aid Service Ltd.

10608-124 Street, Edmonton, AB T5N 1S3
Phone: 488-5893
For information about the Beltone location nearest, you call
1-800-282-3912.
Web Site: www.beltone.com
Provides in home service to central and northern Alberta.

Better Hearing Centre Inc.

Main Floor, 10250-106 Street, Edmonton, AB T5J 1H7
Phone: 423-2116
Provides in home service in Edmonton, Sherwood Park, and under certain
circumstances in St Albert.

Downtown Hearing Centre Ltd.

#220, 10115-100A Street, Edmonton, AB T5J 2W2
(Jasper and Howard Rice Way)
Phone: 422-6641
Provides in home service in Edmonton, St Albert, and Sherwood Park.

Professional Hearing Clinic Inc.

Southside- Pleasantview Shopping Centre
11066-51 Avenue, Edmonton, AB T6H 0L4
Phone: 413-7590
West End- Callingwood Professional Building
#442, 6650-177 Street, Edmonton, AB T5T 4J5
Phone: 413-1784
Provides in home service in the west end and south side of Edmonton.



Dental

Seniors Dental Clinic

Glenrose Rehabilitation Hospital

Room 22 Gleneast, 10230-111 Avenue, Edmonton, T5G0B7

Phone: 735-8810

Fax: 735-8804

Provides dental service to the elderly and frail, particularly those requiring special assistance. Since the Senior Dental Clinic does not provide in home visits or transportation, please refer to the transportation section of the guide.



Denturists

Cadrin Denture Clinic

Bernard Cadrin (Certified Denturist)

9562-82 Avenue G.B. Bldg-West Entrance - Main Floor, Edmonton, AB T6C 0Z8

Phone: 439-6189

After hours: 465-3533

In home service in Edmonton. Evening and weekend visits by appointment only.

Grandview Denture Clinic

Shawn E Ward CDM RDT

12309-63 Avenue, Edmonton, AB T6H 1R4

Phone: 413-6126

In home service in Edmonton. Evening and weekend visits by appointment only.

Hayes Denture Clinic

Pat Hayes Denturist

#3A, 20 McLeod Avenue, Spruce Grove, AB T7X 3Y1

Phone: 960-0227

In home in Edmonton and Spruce Grove. Evening and weekend visits by appointment only.

Holyk's Denture Clinic

Frank A. Holyk, Denturist

12123-54 Street, Edmonton, AB T5W 3N4

Phone: 477-3674

After Hours: 479-5008

In home service in Edmonton, Two Hills, Mundare, and Lamont. Evening and weekend visits by appointment only.

Jasper Place Denture Clinic

Shafik Saad-BSc, DD

#158, 156 Street & 87 Avenue, Edmonton, AB T5R 5W9

Phone: 481-5900

Fax: 484-9836

Provides in home service on the west and south side of Edmonton and St Albert. Evening and weekend visits by appointment only.

King Mobile Denture Clinic

Robert W. King D.D., F.C.A.D.

Greater Edmonton Area

Phone: 433-7413

Provides in home service in Edmonton, St Albert, Sherwood Park, and Beaumont. Evening and weekend visits by appointment only.

Klatt Mobile Denture Clinic

Elmer Klatt - Denturist

Phone: 467-3388

Provides in home service in Edmonton, St Albert, Sherwood Park, Stony Plain, and Spruce Grove.

Millwoods Denture Clinic Ltd.

Charles O'Toole Denturist CDM D.D.

6128-28 Avenue, Edmonton, AB T6L 6N4

Phone: 462-7052

Provides in home service mainly on Thursday and every second Friday in Edmonton (mostly on the Southside) and Sherwood Park. Weekend visits by appointment only.

Wright Denture Clinic

Elmer Gierent and Peter Sech Denturists

11439 Kingsway Avenue, Edmonton, AB T5G 3E8

Phone/Fax: 454-2222

Provide in home service in Edmonton, St Albert, Sherwood Park, Stony Plain, and Drayton Valley. Evening and weekend visits by appointment only. Also provides transportation to and from the clinic to those in need.



Registered Dietitians

Tri-Nutrition Consulting

Heidi Bates

46 Granville Crescent, Sherwood Park, AB T8A 3B8

Phone: 449-3345

The initial assessment occurs over the phone or by mail. In-home services provided in Edmonton and Sherwood Park.



Medical Alarm Systems

Bethany Lifeline

Phone: 1-800-338-1411

Provides personal response and support services for children, new mothers, victims of violence, persons with disabilities, and seniors throughout Alberta. Services available in over 140 languages.

The Good Samaritan TeleCare

The Good Samaritan Society

9649-71 Avenue, Edmonton, AB T6E 5J2

Phone: 431-3630 or 1-800-676-8397

A not-for-profit health and service organization that provides 24-hour service, 7 days a week throughout Alberta. Provides personal emergency response and telephone support services, including medication reminder and daily social calls.



Home and Respite Care

Individuals who require Home and Respite Care services such as nursing, homemaking, and personal care are advised to contact the following number to determine eligibility and arrange a needs assessment.

Home Care Program (Capital Health)

Central Intake/General Inquires
Phone 496-1300 (24 Hours)

Individuals who require additional home care services can call the following organizations:

Care Givers Home Health Care Inc.

#203, 12222-137 Avenue, Edmonton, AB T5L 4X5
Phone: 459-9877

Provides service in Edmonton, St Albert, Stony Plain, Spruce Grove, and Sherwood Park. Specializes in care of Alzheimer and palliative care patients. Nurses, homemakers, sitters for hospital care, and PCAs in-home are available a 24-hour 7-days a week. All employees are insured and bonded, and trained in First Aid/CPR. Live-in attendants available.

Edmonton Home Service

500, 10050-112 Street, Edmonton, T5K 2J1
Phone: 488-7282
Fax: 488-7321

Provides service in Edmonton. Services include nursing, homemaking, and personal care for a fee. Can provide staff that is trained in caring for dementia and palliative care patients. Services provided on an hourly and on a 24-hour basis.

The Family Centre

Home Support Program - Services to Seniors
#20, 9912- 106 Street, Edmonton, AB T5K 1C5
Phone: 423-2831
Fax: 426-4918

Provides service in Edmonton and outlying areas 24 hrs/day, 7 days/week for reasonable rates. Services provided include housekeeping, meal preparation, laundry, childcare, companionship, and emotional support, as well as, transportation to appointments or shopping.

Good Samaritan Home Support Services

8861-75 Street, Edmonton, AB T6C 4G8

Phone: 431-3760

Fax: 431-3795

After hours: 913-1664

Provide service in Edmonton. Services include personal care, light housekeeping, and respite for caregivers. Caregivers who are trained to work with dementia and palliative care patients are available.

Paramed Home Health Care

10235-124 Street, Edmonton, AB T5N 3W6

Phone: 482-3370

Fax: 482-3435

These services are provided in the client's home, nursing home, or in the hospital, and include nursing, personal care, and homemaking. Also offer foot care in the home and companion and live-in services. Services are available at individual and group rates and in a variety of languages. Care workers have special training in working with people who have a dementia; brain injuries as well as palliative care patients. Complimentary needs consultation offered.

St. Albert Help Society

Phone: 460-8653

Provides homecare, respite, personal care, and after hospital care in St. Albert.

Strathcona County Family and Community Services

21 Festival Way, Sherwood Park, AB T8A 5T8

Phone: 464-4044

Fax: 449-1220

Provide services to residents of Sherwood Park and County of Strathcona. Services include light housekeeping, personal care, and respite for caregivers. Fee for service on a sliding scale.



Medical Laboratory Home Collection

Dynacare Kasper Medical Laboratories

The following criteria will deem a patient eligible for home collection:

- Patient is dependent upon DATS for transportation.
- Patient is physically challenged (i.e., wheelchair, etc.).
- Patient requires significant Home Care Services (i.e., postoperative care).
- Patient requires a home visit from his/her physician.
- Patient is a resident in a nursing home, extended care, or auxiliary hospital facility.

Patients who do not meet the criteria for home collection may go to any community collection site or community health centre for blood collection services. The following is a list of Dynacare Kasper Patient Collection Sites.

Dynacare Kasper Patient Collection Sites

Edmonton

Northeast

2919-137 Avenue..... 478-0801
 #2084, 9499-137 Avenue..... 478-3577
 10628-96 Street 422-7333
 #115, 11010-101 Street 424-0140

Northwest

#250, 10405 Jasper Avenue..... 413-0983
 #130, 15277-113A Street..... 456-0998
 #B2, 10155-120 Street..... 488-1218
 #112, 11010-101 Street..... 424-0140
 #102-11910 111 Avenue.....454-5613

Southwest

10389-51 Avenue..... 434-0420
 2053-111 Street.....437-1696
 #240, 156 & 87 Street..... 489-1218
 #B2-9509-156 Street.....484-9965
 9121A-82 Avenue.....414-6476
 #B104, 596 Riverbend Road..... 988-6721

#303-8215 112 Street.....433-7562

Southeast

114 Millbourne Shopping Centre.....462-8349

5830 Terrace Road.....468-1849

#212, 3017-66 Street.....461-1399

St Albert

#150, 190 Boudreau Road458-8866

Spruce Grove

226 McLeod Avenue.....960-3670

Sherwood Park

#132, 80 Chippewa Road.....464-1733

Beaumont

5009-52 Avenue.....929-9895

Fort Saskatchewan

9421-94 Avenue.....998-5202



Mobile Hairstyling

Dwayne's Home Hair Care Ltd.

33 Deerbourne Drive, St. Albert, AB T8N 5L7

Phone: 460-8510

Provides in home hairstyling in Edmonton, St Albert, and Sherwood Park. For ladies, gentlemen, seniors and disabled persons. Please leave your name and phone number on the answering machine.

Happy Hairdo: Mobile Hair Care

Phone: 475-1903

Contact: Denise

Will do both men's and ladies hair. Tries to accommodate various requests and will travel to the home. Offers reasonable rates.

Mobile Hair and Make-up Service

Phone: 439-4061

Provides in home hairstyling and makeup in Edmonton, St Albert, and Sherwood Park. Evening and weekend visits by appointment.



Occupational Therapy

AAROT

Alberta Association of Registered Occupational Therapists

#302, 8657-51 Avenue, Edmonton, AB T6E 6A8

Phone: 436-8381

Fax: 434-0658

Please note that AAROT cannot supply a direct referral to an occupational therapist but can provide a business listing.



Most pharmacies deliver free of charge directly to your home. Phone your local pharmacy for details.



Support Groups



Alzheimer Society of Edmonton

10531 Kingsway Avenue, Edmonton, AB T5H 4K1

Phone: 488-2266

Fax: 488-3055

Web Site: www.alzheimer.ab.ca

Provides access to information about Alzheimer disease through their resource centre and support groups for individuals with Alzheimer disease and their families.

Canadian Diabetes Association

#1010, 10117 Jasper Avenue, Edmonton, AB T5J 1W8

Phone: 423-1232

Fax: 423-3322

Web Site: www.diabetes.ca

Provides service, education, and support to those affected by diabetes. Operate a Diabetes Resource Centre.

Stroke Recovery Association of Edmonton – Informal Support Group

P.O. Box 231, Main Post Office, Edmonton, AB T5J 2J1

Phone: 485-3052

Web Site: www.sraedmonton.org

The Stroke Recovery Association of Edmonton offers support and information to survivors and their caregivers. Provide an informal support group who meet on the last Monday of every month at the Glenrose Rehabilitation Hospital in Edmonton at 7 p.m.